



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Heermann, Hans-Joachim

Club: SC Lüchow
Number: 195

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:21:32

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 121 (of 581)

Rank in course/Men: 116 (of 475)

Best time in course: 1:39:32

Rank in category: 8(of 59)

Best time in the category: 2:07:29

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:43	5:03	5	0:51	75	3:39	3.30	16:43	5:03	5	0:51	75	3:39
Schlüsie	3.10	18:06	5:50	5	1:29	91	4:28	6.40	34:49	5:26	5	2:20	80	8:06
Hermannsklippe	2.60	16:01	6:09	5	1:27	104	4:37	9.00	50:50	5:38	5	3:47	87	12:43
Brocken	3.10	27:01	8:42	7	2:34	115	8:58	12.10	1:17:51	6:26	6	6:21	93	21:41
Eiserner Handwe	3.60	17:00	4:43	13	2:07	111	5:08	15.70	1:34:51	6:02	5	8:28	99	26:49
Schlüsie	4.10	17:19	4:13	17	2:32	177	5:45	19.80	1:52:10	5:39	7	10:45	109	32:34
Loddenke	3.10	13:49	4:27	16	1:37	167	4:30	22.90	2:05:59	5:30	7	12:19	110	37:04
Ilseburg/Markt	3.30	15:33	4:42	18	1:45	187	4:56	26.20	2:21:32	5:24	8	14:03	116	42:00